MOTO Q™ gsm

User's Guide

Windows Mobile

HELLOMOTO

Thanks for purchasing the **MOTO** Q™ gsm wireless phone! It's a phone with a distinct edge—personalization, music, videos, and e-mail—all in a streamlined, intelligent, must-have device.

My Phone, My Way – It's your phone—make it that way. Customize your home screen with personal pictures, change wallpapers, and use your favorite song as your ringtone.

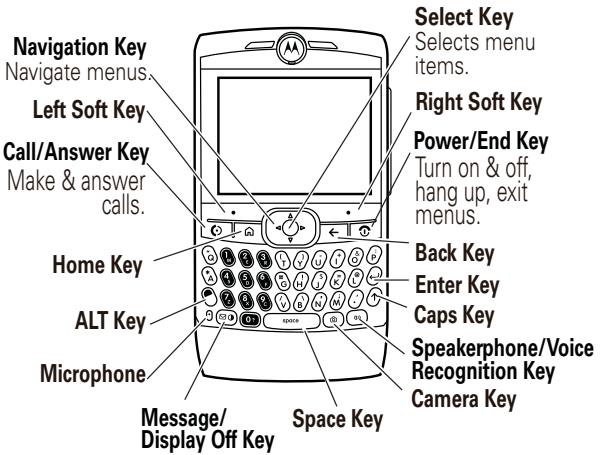
Anytime Entertainment – Can't live without your favorite movies or music? Transfer video and music files from your computer to your phone and instantly a media library is available anytime.

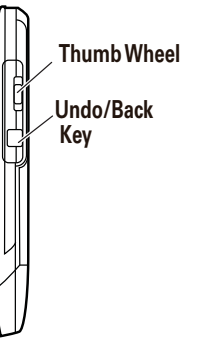
Freedom from Wires – Your life just got a little less wired. With Bluetooth™ wireless technology, streaming video and wireless stereo sound is now a reality.

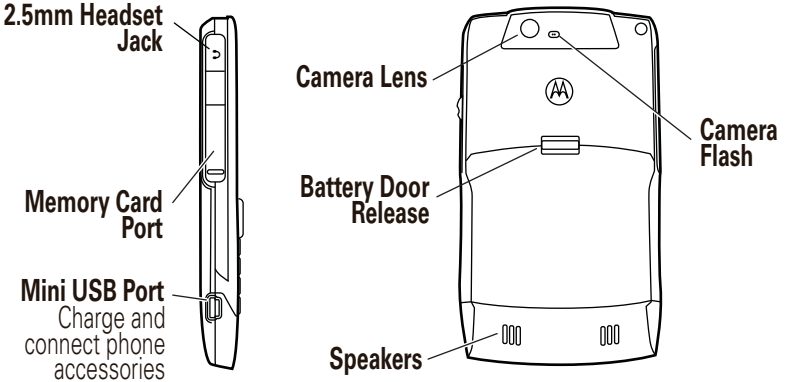
Work Remotely – Tired of being connected to your desk or computer? With Windows Mobile, now you can keep on top of work e-mail and edit Microsoft Office® documents from wherever you are in the world.

Help & QuickStart Tour – On-phone help is available anytime. Just press **Start** > **Help and Quickstart**.

Here's a quick anatomy lesson.

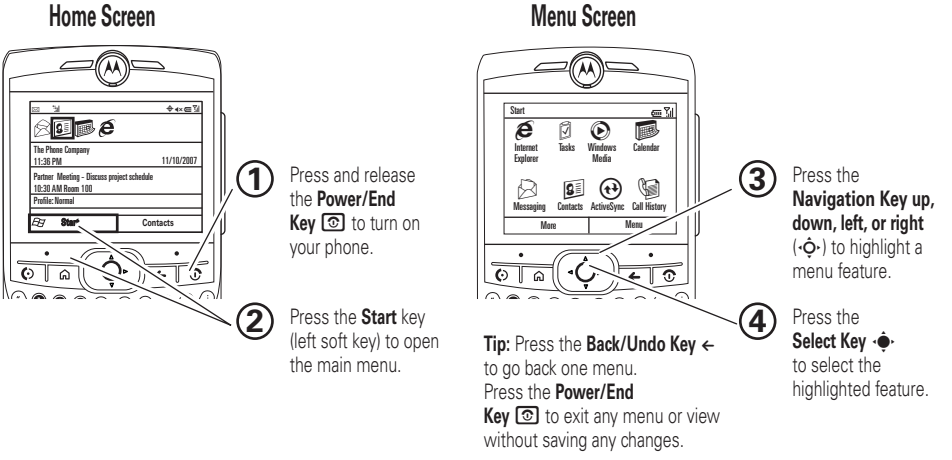






To avoid damaging your phone, carry it in an approved holster or case rather than a pocket, purse, or bag.

From the home screen, press **Start** to open the main menu.



To change your home screen shortcuts and main menu appearance, see page 37.

For help while using your phone, press **Start** > **Help and QuickStart** to open the in-device help. Also see the Motorola Q Support Web site at `http://www.motorola.com/support/Q-gsm`.

Motorola, Inc.
Consumer Advocacy Office
1307 East Algonquin Road
Schaumburg, IL 60196

www.hellomoto.com

Certain mobile phone features are dependent on the capabilities and settings of your service provider's network. Additionally, certain features may not be activated by your service provider, and/or the provider's network settings may limit the feature's functionality. Always contact your service provider about feature availability and functionality. All features, functionality, and other product specifications, as well as the information contained in this user's guide are based upon the latest available information and are believed to be accurate at the time of printing. Motorola reserves the right to change or modify any information or specifications without notice or obligation.

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Caution: Changes or modifications made in the radio phone, not expressly approved by Motorola, will void the user's authority to operate the equipment.

Software Copyright Notice

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Manual Number: 68XXXXX194-O

contents

start menu 8
Safety Information 9
FCC Notice 14
use and care. 15
EU Conformance 16
Recycling Information . . 17
essentials 18
about this guide. 18
SIM card 19
battery 20
turn it on & off 22
make a call. 22
answer a call 22
store a phone number . 23
call a stored number . . 23
your phone number . . . 23
tips & tricks 24
basics 25
display 25
text entry. 27
volume. 29
handsfree speaker. . . . 30
lock & unlock phone . . 30
storage card. 31
flight mode 32
file manager. 32
task manager. 33
customize. 34
profiles. 34
home screen 35
home screen shortcuts 37
start menu. 37
time & date 38
backlight 38
answer options 38
third-party applications 39
calls. 40
turn off a call alert 40
recent calls 40
redial 41
view missed calls 41
caller ID 42
emergency calls 42
international calls. 42
speed dial 43
voicemail 44
three-way calling 45

messages 46
set up personal e-mail (such as Yahoo or Gmail) 46
set up MSN or Hotmail e-mail 47
set up corporate e-mail 47
synchronize. 48
receive & read messages 52
send a message 53
global address lookup. 54
messaging shortcuts . 55
messaging quick reference 56
connections 62
Bluetooth™ wireless . 62
Internet Sharing 66
Web browser 70
entertainment. 72
take & send a photo . . 72
record & play video clips 74
download & copy media files 77
music & media player . 78
other features 80
advanced calling 80
contacts 81
personalizing. 83
call times 85
handsfree 86
network connections . 87
calendar 87
calculator 89
converter 89
memo pad 89
security. 90
phone information . . . 90
fun & games. 90
service & repair. 93
SAR Data. 94
WHO Information 95
Microsoft License 96
index 101

start menu

main menu

To open the menu from the home screen, press **Start** (left soft key).

Internet Explorer

Tasks

Windows Media

Calendar

Messaging
- Text Messages
- E-mail
- MMS

Contacts

ActiveSync

This is the standard menu layout. **Your phone's menu may be different.** To change your home screen shortcuts and main menu appearance, see page 35.

To select menu items, press your navigation key up, down, left, or right.

Call History

Settings
- Phone
- Sounds
- Profiles
- Home Screen
- Clock & Alarm
- Connections
- Security
- Remove Programs
- Power Management
- Accessibility
- Regional Settings
- Owner Information
- About
- Error Reporting
- TTY Settings
- Text Input Settings
- Unread Message Alert
- Phone Information

Games

Voice Notes

Pictures & Videos

Accessories

Internet Sharing

File Manager

Help and QuickStart

InstantMessenger

Media Center

Messenger

Speed Dial

Voice Recognition

Windows Live

Windows Update

Bluetooth

Documents To Go

Personalize My Q

System Tools

Safety and General Information

This section contains important information on the safe and efficient operation of your mobile device. Read this information before using your mobile device.*

Exposure to Radio Frequency (RF) Energy

Your mobile device contains a transmitter and receiver. When it is ON, it receives and transmits RF energy. When you communicate with your mobile device, the system handling your call controls the power level at which your mobile device transmits.

Your Motorola mobile device is designed to comply with local regulatory requirements in your country concerning exposure of human beings to RF energy.

Operational Precautions

For optimal mobile device performance and to be sure that human exposure to RF energy does not exceed the guidelines set forth in the relevant standards, always follow these instructions and precautions.

External Antenna Care

If your mobile device has an external antenna, use only a Motorola-supplied or approved replacement antenna. Use of unauthorized antennas, modifications, or attachments could damage the mobile device and/or may result in your device not complying with local regulatory requirements in your country.

DO NOT hold the external antenna when the mobile device is IN USE. Holding the external antenna affects call quality and may cause the mobile device to operate at a higher power level than needed.

Product Operation

When placing or receiving a phone call, hold your mobile device just like you would a landline phone.

If you wear the mobile device on your body, always place the mobile device in a Motorola-supplied or approved clip, holder, holster, case, or body harness. If you do not use a body-worn accessory supplied or approved by Motorola, keep the mobile device and its antenna at least 2.5 centimeters (1 inch) from your body when transmitting.

* The information provided in this document supersedes the general safety information in user's guides published prior to May 1, 2006.

When using any data feature of the mobile device, with or without an accessory cable, position the mobile device and its antenna at least 2.5 centimeters (1 inch) from your body.

Using accessories not supplied or approved by Motorola may cause your mobile device to exceed RF energy exposure guidelines. For a list of Motorola-supplied or approved accessories, visit our web site at: `www.motorola.com`.

RF Energy Interference/Compatibility

Nearly every electronic device is subject to RF energy interference from external sources if inadequately shielded, designed, or otherwise configured for RF energy compatibility. In some circumstances your mobile device may cause interference with other devices.

Follow Instructions to Avoid Interference Problems

Turn off your mobile device in any location where posted notices instruct you to do so. These locations include hospitals or health care facilities that may be using equipment that is sensitive to external RF energy.

In an aircraft, turn off your mobile device whenever instructed to do so by airline staff. If your mobile device offers an airplane mode or similar feature, consult airline staff about using it in flight.

Pacemakers

If you have a pacemaker, consult your physician before using this device.

Persons with pacemakers should observe the following precautions:

- ALWAYS keep the mobile device more than 20 centimeters (8 inches) from your pacemaker when the mobile device is turned ON.
- DO NOT carry the mobile device in the breast pocket.
- Use the ear opposite the pacemaker to minimize the potential for interference.
- Turn OFF the mobile device immediately if you have any reason to suspect that interference is taking place.

Hearing Aids

Some mobile devices may interfere with some hearing aids. In the event of such interference, you may want to consult your hearing aid manufacturer or physician to discuss alternatives.

Other Medical Devices

If you use any other personal medical device, consult your physician or the manufacturer of your device to determine if it is adequately shielded from RF energy.

Driving Precautions

Check the laws and regulations on the use of mobile devices in the area where you drive. Always obey them.

When using your mobile device while driving, please:

- Give full attention to driving and to the road. Using a mobile device may be distracting. Discontinue a call if you can't concentrate on driving.
- Use handsfree operation, if available.
- Pull off the road and park before making or answering a call if driving conditions so require.

Responsible driving practices can be found in the "Smart Practices While Driving" section at the end of this guide and/or at the Motorola web site: `www.motorola.com/callsmart`.

Operational Warnings

Obey all posted signs when using mobile devices in public areas, such as health care facilities or blasting areas.

Automobile Air Bags

Do not place a mobile device in the air bag deployment area.

Potentially Explosive Atmospheres

Areas with potentially explosive atmospheres are often but not always posted, and can include fueling areas such as below decks on boats, fuel or chemical transfer or storage facilities, or areas where the air contains chemicals or particles, such as grain, dust, or metal powders.

When you are in such an area, turn off your mobile device, and do not remove, install, or charge batteries. In such areas, sparks can occur and cause an explosion or fire.

Damaged Products

If your mobile device or battery has been submerged in water, punctured, or subjected to a severe fall, do not use it until you take it to a Motorola Authorized Service Center. Do not attempt to dry it with an external heat source, such as a microwave oven.

Batteries and Chargers

If jewelry, keys, beaded chains, or other conductive materials touch exposed battery terminals, this could complete an electrical circuit (short circuit), become very hot, and could cause damage or injury. Be careful when handling a charged battery, particularly when placing it inside a pocket, purse, or other container with metal objects. **Use only Motorola Original batteries and chargers.**

TM

Caution: To avoid risk of personal injury, do not dispose of your battery in a fire.

Your battery, charger, or mobile device may contain symbols, defined as follows:

Symbol	Definition
	Important safety information follows.
	Do not dispose of your battery or mobile device in a fire.
	Your battery or mobile device may require recycling in accordance with local laws. Contact your local regulatory authorities for more information.
	Do not throw your battery or mobile device in the trash.
	Your mobile device contains an internal lithium ion battery.
	Do not let your battery, charger, or mobile device get wet.
	Listening at full volume to music or voice through a headset may damage your hearing.

Choking Hazards

Your mobile device or its accessories may include detachable parts, which may present a choking hazard to small children. Keep your mobile device and its accessories away from small children.

Glass Parts

Some parts of your mobile device may be made of glass. This glass could break if the product is dropped on a hard surface or receives a substantial impact. If glass breaks, do not touch or attempt to remove. Stop using your mobile device until the glass is replaced by a qualified service center.

Seizures/Blackouts

Some people may be susceptible to epileptic seizures or blackouts when exposed to flashing lights, such as when playing video games. These may occur even if a person has never had a previous seizure or blackout.

If you have experienced seizures or blackouts, or if you have a family history of such occurrences, please consult with your physician before playing video games or enabling a flashing-lights feature (if available) on your mobile device.

Discontinue use and consult a physician if any of the following symptoms occur: convulsion, eye or muscle twitching, loss of awareness, involuntary movements, or disorientation. It is always a good idea to hold the screen away from your eyes, leave the

lights on in the room, take a 15-minute break every hour, and stop use if you are very tired.

Caution About High Volume Usage

Listening at full volume to music or voice through a headset may damage your hearing.

Repetitive Motion

When you repetitively perform actions such as pressing keys or entering finger-written characters, you may experience occasional discomfort in your hands, arms, shoulders, neck, or other parts of your body. If you continue to have discomfort during or after such use, stop use and see a physician.

FCC Notice to Users

The following statement applies to all products that have received FCC approval. Applicable products bear the FCC logo, and/or an FCC ID in the format FCC-ID:xxxxxx on the product label.

Motorola has not approved any changes or modifications to this device by the user. Any changes or modifications could void the user's authority to operate the equipment. See 47 CFR Sec. 15.21.

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation. See 47 CFR Sec. 15.19(3).

If your mobile device or accessory has a USB connector, or is otherwise considered a computer peripheral device whereby it can be connected to a computer for purposes of transferring data, then it is considered a Class B device and the following statement applies:

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and the receiver.
- Connect the equipment to an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

Use and Care

To care for your Motorola phone, please keep it away from:

liquids of any kind

Don't expose your phone to water, rain, extreme humidity, sweat, or other moisture.

extreme heat or cold

Avoid temperatures below -10°C/14°F or above 45°C/113°F.

microwaves

Don't try to dry your phone in a microwave oven.

dust and dirt

Don't expose your phone to dust, dirt, sand, food, or other inappropriate materials.

cleaning solutions

To clean your phone, use only a dry soft cloth. Don't use alcohol or other cleaning solutions.

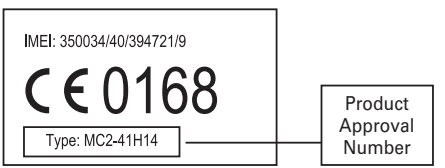
the ground

Don't drop your phone.

European Union Directives Conformance Statement

CE Hereby, Motorola declares that this product is in compliance with:

- The essential requirements and other relevant provisions of Directive 1999/5/EC
- All other relevant EU Directives



The above gives an example of a typical Product Approval Number.

You can view your product's Declaration of Conformity (DoC) to Directive 1999/5/EC (to R&TTE Directive) at `www.motorola.com/rtte`. To find your DoC, enter the product Approval Number from your product's label in the "Search" bar on the Web site.

Caring for the Environment by Recycling

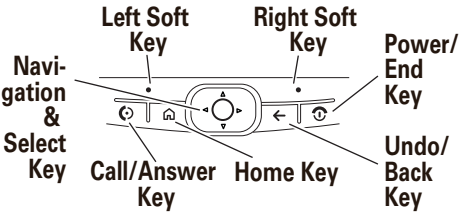
This symbol on a Motorola product means the product should not be disposed of with household waste.

Disposal of your Mobile Telephone and Accessories

Please do not dispose of mobile telephones or electrical accessories, such as chargers or headsets, with your household waste. In some countries or regions, collection systems have been set up to handle waste electrical and electronic items. Please contact your regional authorities for more details. If no suitable scheme exists, you may return unwanted mobile telephones and electrical accessories to any Motorola Approved Service Centre in your region.

about this guide

Press the left and right *soft keys* to open menus and select options. Use the *navigation key* ·Ö· to scroll to items, and press the *select key* ·◆· to select them.



This guide shows how to locate a menu feature as follows:

Find it: Start > Call History > *(received call)*

This means that, from the home screen:

1. Press the left soft key to open the **Start** menu.
2. Press the navigation key ·Ö· to scroll to **Call History**. Press the select key ·◆· to select **Call History**.
3. Press the navigation key to scroll to a received call. Press the select key to select the call.

   Tip: You can use the *thumb wheel* to scroll up and down. Press the *thumb wheel* to select items (see page 2 for thumb wheel location).

symbols	
	This means a feature is network, SIM card, or subscription dependent and may not be available in all areas. Contact your service provider for more information.
	This means a feature requires an optional accessory.

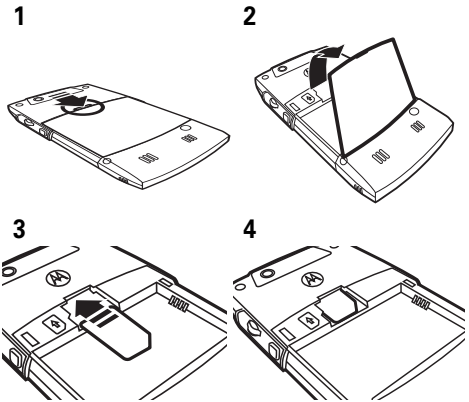
SIM card

Caution: Don't bend or scratch your SIM card. Keep it away from static electricity, water, and dirt.

Your *Subscriber Identity Module* (SIM) card contains personal information like your phone number and contacts entries. It can also contain your voicemail, text message, and Internet access settings. If you put your SIM card in another phone, that phone uses your phone number.

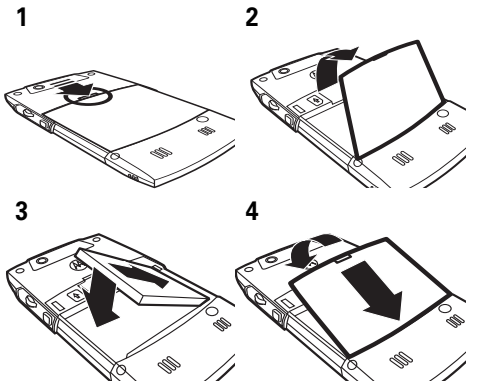
To insert and use a **storage card**, see page 31.

Turn off your phone and **remove the battery** before you install or remove a SIM card.

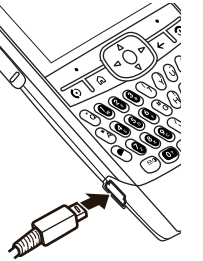


battery

battery installation



battery charging



New batteries are not fully charged. Plug the battery charger into your phone and an electrical outlet. It might take several seconds to start charging. When finished, your phone displays a full battery icon .

Tip: Relax, you can't overcharge your battery. It will perform best after you fully charge and discharge it a few times.

Unless your battery is completely drained, you can also charge your battery by using a **USB cable** plugged into a computer. Use a wall charger or car charger for completely drained batteries. Some USB ports charge faster than others.

battery tips

Battery life depends on the network, signal strength, temperature, features, and accessories you use.

- Always use Motorola Original batteries and chargers. The warranty does not cover damage caused by non-Motorola batteries and/or chargers.

- New batteries or batteries stored for a long time may take more time to charge.
- When charging your battery, keep it near room temperature.

  When storing your battery, keep it uncharged in a cool, dark, dry place.
- Never expose batteries to temperatures below -10°C (14°F) or above 45°C (113°F). Always take your phone with you when you leave your vehicle.
- It is normal for batteries to gradually wear down and require longer charging times. If you notice a change in your battery life, it is probably time to buy a new battery.

Contact your local recycling center for proper battery disposal.

Warning: Never dispose of batteries in a fire because they may explode.

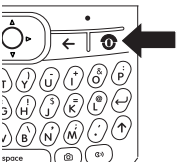
Before using your phone, read the battery safety information in the "Safety and General Information" section included in this guide.

To save battery life:

- Adjust the backlight to turn off more quickly (see page 38).

- Turn off Bluetooth power when you are not using it (see page 62).

turn it on & off



To turn on your phone, press and release ⏻. If prompted, enter your four-digit unlock code.

Tip: If your phone does not turn on, take your battery out, put it back in, and try again.

To turn off your phone, press and hold ⏻ for three seconds, then **release** it.

make a call

From the home screen, enter a phone number and press ⦿ to make a call.

To voice dial, see page 80.

answer a call

When your phone rings and/or vibrates, press ⦿ to answer. To "hang up," press ⏻.

- If you are busy when a call comes in, press **Ignore** to send the call directly to voicemail.
- To put a call on hold, press ⦿. To return to the call, either press ⦿ again or press **Unhold**.
- If you are on a call and another call comes in, you can press **Ignore** to send the new call directly to voicemail or press ⦿ to answer it and put the current call on hold (press either ⦿ or **Swap** to switch between the two calls).

store a phone number

Find it: Start > Contacts and press New

1 Store the contact on your phone or your SIM card. Contacts on the SIM card can include only a name and number.

2 Enter information for the contact.

Tip: While entering the number, you can tell your phone to pause and then dial more digits (for example, for a voicemail password or PIN). Press Menu > Insert Pause to insert a 2-second pause (shows as a **p**) or press Menu > Insert Wait to tell your phone to prompt you before dialing the remaining digits (shows as a **w**).

Tip: If you get a call or message from someone who isn't in your contacts, you can add them to your contacts from Call History by pressing Save, or from in the message by highlighting the contact and pressing the select key ·●·. Press Yes to save the contact and then enter the contact information.

call a stored number

Find it: Start > Contacts

1 Scroll to the number.

2 Press ⦿.

Your phone calls the contact's default number.

Tip: If you stored more than one number for a contact, select the contact to see the other numbers. To dial a number, scroll to it and press ⦿.

your phone number

To view your phone number, press Start > Settings > Phone > Call Options.

tips & tricks

From the home screen (page 25), you can use the following shortcuts:

To...	Do this...
view quick options	Press and hold ⌂ to open a list of quick options.
use most recently used feature	Icons for your most recently used features appear across the top of the home screen. Use the navigation keys to select one.
lock phone	Be sure you know your password, then press ⌂ and the space bar.
access messaging	Access messaging features by pressing ✉. When you are in a message, press and hold 0 for shortcuts.
change flight mode	Press and hold ⌂ to open the quick list, select the Wireless Manager to turn off Bluetooth and phone networking for flight safety.
use memo pad	Jot down and retrieve quick notes on the memo pad: **Start** > **Accessories** > **Memopad**.
take pictures	Start the camera by pressing and holding ◉. The camera activates after a pause.

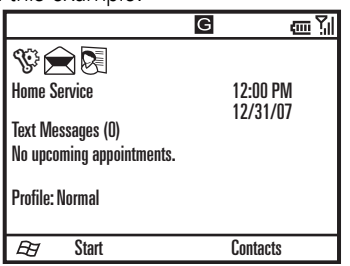
basics

See page 2 for a basic phone diagram.

display

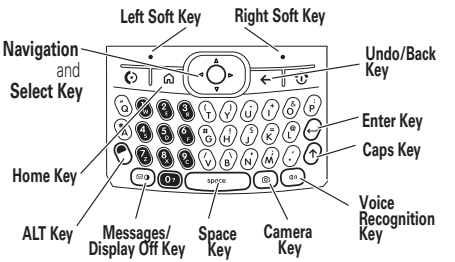
The *home screen* appears when you turn on the phone. To dial a number from the home screen, press number keys and ⊙.

Note: Your home screen may look different from this example.



Soft key labels show the current soft key functions.

Press the navigation key ·⊙· up, down, left, or right to scroll to basic menu items or text in the home screen. Press ⌂ to return to the home screen.



Status indicators can appear at the top of the home screen:

	Voicemail Indicator – Shows when you have new voicemail.
	Message Indicator – Shows when you receive new e-mail or text messages.
	Bluetooth™ Indicator – Shows when you have a Bluetooth wireless connection.
	Call Forward Indicator – Shows when call forwarding is on.

▲ G G▲ E	**Roam Indicator –** Shows ▲ when your phone is seeking or using a network outside your home network. Other indicators can include: • G home GPRS • G▲ roaming GPRS • E EDGE **Note:** An E or G in the upper right corner of the screen indicates a data connection and may appear even when you are not using a data service feature. You can stop the icon from appearing by opening the Wireless Manager and pressing **Menu** > **Disconnect Cellular Data**. Note that future connections may take a little longer to be established.

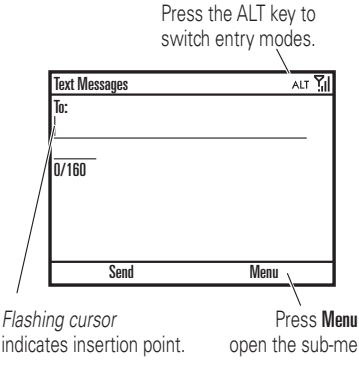
1 2	**Active Line Indicator –** For multi-line SIM cards, this indicates whether line 1 or 2 is active.
  	Profile Indicator – Shows when your ring style is set to **Silent** (×) or **Vibrate**. No indicator appears when the ring style profile is **Normal**, **Outdoor**, or **Automatic**. **Note:** A appears when the speakerphone is on (see page 30).
	Battery Level Indicator – Vertical bars show the battery charge level. Recharge the battery when your phone shows one or two bars.

	Signal Strength Indicator – Vertical bars show the strength of the network connection. You can't make or receive calls when no vertical bars appear.

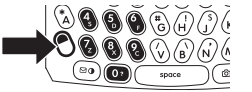
text entry

You can enter text and numbers using the keypad. When you select a field that requires text or numbers, the phone automatically selects the appropriate entry mode. An

indicator at the top right of the display shows the entry mode you are currently using.



Press ⊙ in a text entry view to select an entry mode:



entry modes	
abc	Enter the letter shown on a key (such as **q**).
Alt	Press the ALT key (⊙) once to enter the small symbol or number on the next key pressed (such as **!**), then return to the previous entry mode.
ALT	Press the ALT key (⊙) twice to enter the small symbols and numbers on the keys until you press the ALT key again.

text entry	
delete	Press ⌫.
start a new line	Press ↵.

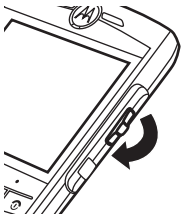
text entry	
enter captal letters	Press ⇧. Press it once for just the next letter or twice for all letters.
enter symbols, etc.	Press the ALT key (◉) and then ⇧.

text prediction

As you enter letters, your phone might try to **predict** the word. For instance, when you enter "prog," it might predict "program."

To select a prediction, press ·Ö· down to highlight your selection and then press the select key ·●·. To enter a space after your characters instead of using the predicted text, press the space bar. To turn off text prediction, press **Start** > **Settings** > **Text Input Settings** and uncheck **Suggest words when typing**.

volume



To set the **earpiece** volume, press and hold the thumb wheel. Your phone uses this same volume setting for its **speaker** or a **headset**.

- Want to change profiles? On the home screen, scroll to and select **Profile**. Choose from **Normal**, **Silent**, and others.
- Want to turn off a sound? Press **Start** > **Settings** > **Sounds** and select **None**.

Tip: You can eliminate the ringer volume instantly when an incoming call comes in—just use the thumb wheel to turn the ringer off.

handsfree speaker

Note: The use of wireless phones while driving may cause distraction. Discontinue a call if you can't concentrate on driving. Additionally, the use of wireless devices and their accessories may be prohibited or restricted in certain areas. Always obey the laws and regulations on the use of these products.

To use your phone's handsfree speaker, press the speaker key (). For key location, see page 2.

Note: The handsfree speaker won't work when your phone is connected to a car kit or headset.

lock & unlock phone

You can manually lock your phone to prevent accidental key presses.

To **lock your phone**, press and then the space bar. Your left soft key becomes **Unlock**.

To **unlock your phone**, press **Unlock** and then *. Then, enter your password and press **Unlock** again. Your phone uses * if you have not set a password.

To **keep others from using your phone**, change your password:

Find it: From the home screen, press **Start** > **Settings** > **Security** > **Device Lock**

1. Select **Prompt if device unused for**, and select the time you want the phone to be inactive before automatically locking.
2. Choose either a simple (4-digit number) or strong password (a mixture of at least 7

uppercase and lowercase letters, numbers, and punctuation).

3 Enter and confirm your password.

4 Press **Done**.

To unlock the phone, press **Unlock**. At the prompt, enter your password and press **Done**.

Caution: Make your password something you will remember! Without your password, you can reset your phone, but you will lose your personalized settings and all content stored in phone memory. To perform a hard reset, hold down the select key ⊕ for 5 seconds while turning the phone on.

Note: You can make emergency calls on a locked phone (see page 42). A locked phone still rings or vibrates for incoming calls or messages, **but you do not need to unlock it to answer**.

storage card

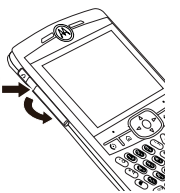
Note: A storage card is not included with your phone. It is sold separately.

You can use a removable miniSD storage card with your phone to store content music, pictures, videos, applications, and files.

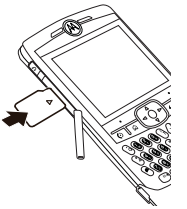
Caution: Do not remove your storage card while your phone is using or writing files on it.

To insert a miniSD storage card:

1 Open the card slot cover by putting your fingernail on the ridge of cover and gently lifting it.



2 Insert the storage card into the slot with the metal contacts facing down. The card clicks into place.



3 Replace the storage card cover and press to close it.

Caution: Don't bend or scratch your storage card. Keep it away from static electricity, water, and dirt.

Note: Your phone supports miniSD cards up to 2 GB. To save storage space on your phone, move media files (pictures, videos, music) to a storage card as often as possible.

flight mode

In flight mode, you **turn off your phone's network and Bluetooth services** to safely access your address book, games, camera, and music in areas where cellular network access is prohibited (such as during flights, when allowed, and in hospitals).

Press and hold ⌂ until the **Quick List** appears. Select **Wireless Manager**. Scroll to **All** and press the select key ·◆·.

Use the same steps to turn Bluetooth and phone mode on After a pause, Bluetooth changes to **On**, and then Phone changes to **On**.

file manager

You can use File Manager to sort, view, copy, and move files, such as text, pictures, music, and video files, on your phone or storage card.

Find it: Start > File Manager

task manager

Want to see what programs are running on your phone? Use the Task Manager to see or stop a program.

Find it: Start > System Tools > Task Manager

Tip: Need to stop running program? In **Task Manager**, select the program and press **Menu** > **Kill**.

Note: To completely remove a program from your phone, from the home screen, press **Start** > **Settings** > **Remove Programs**. Select the program and press **Menu** > **Remove**.

customize

profiles

Each profile uses a different set of sounds, ring styles, earpiece volume settings, or vibrations for incoming calls and other events. For example, the **Outdoor** profile volume is much louder than the **Normal** profile.

Here are the profiles:

Normal	**Vibrate**	**Automatic**
Silent	**Outdoor**	

To choose your profile:

Find it: On the home screen, scroll and select **Profile:** > *profile style name*

Indicators can appear at the top of your home screen for the **Silent** (🔇) and **Vibrate** (📳) profiles. A 🎤 means the speakerphone is on (see page 30).

Note: The **Automatic** profile is the same as **Normal**, except that it automatically switches to **Vibrate** during any event stored in your Calendar.

change ring tones in profile

You can change the ring tones for incoming calls and other events. Your changes are saved in the current ring style profile.

Find it: **Start** > **Settings** > **Sounds**

Note: Changes made to the alert settings have no effect when using the **Silent** profile.

1 Scroll and highlight the sound you want to change, then press the navigation key ·◌· right or left to change it.

2 Press the **Done** key to save the sound setting.

Note: Downloading a sound file for a ring tone does not automatically save it in the Sounds location. To move your sound file, press **Start** > **File Manager** > **My Documents**. Highlight the sound file you want to copy to the Sounds location, press **Menu** > **File** > **Copy to** and select **Application Data** > **Sounds**. If the sound file is not located in the My Documents folder, go to the folder where the sound file is stored and copy it to the Sounds folder.

Tip: You can also change your sounds by selecting **Start** > **Personalize My Q** > **Sounds Settings**.

home screen

Set a photo, picture, or animation as a wallpaper (background) image or change your layout and color scheme on your home screen.

Find it: **Start** > **Personalize My Q** > **Homescreen Settings**

options	
Home screen layout	Select a layout for the home screen.
Color scheme	Select a color scheme for the display.
Background image	Select a picture for your wallpaper image, or **None** for no wallpaper.

options	
Time out	Select the time interval before the display will go inactive or **Never**.

change background image

Want to copy an image from your computer to your phone to use as a background image?

Note: The image file format must be GIF, JPG, or BMP.

1 Copy the image file you want from your computer to your phone:

- To use Bluetooth™, see page 62.
- To use Microsoft ActiveSync® or Windows® Mobile Device Center, see page 50.

Note: Loading a picture file on your phone does not automatically save it in the **My Pictures** folder. To move your image file, press **Start** > **File Manager** > **My Documents**. Highlight the picture file you want to copy to the My Pictures location, press **Menu** > **File** > **Copy to** and select **My Documents** > **My Pictures**. If the picture file is not located in the **My Documents** folder, navigate to the file and copy it to the **My Pictures** folder.

2 On your phone, press **Start** > **Pictures & Videos**, highlight the picture you want, and press the select key ·◆·.

3 With the picture open, press **Menu** > **Use as Home Screen**, crop the area, adjust the transparency, and press **Finish**.

Tip: A quicker way to change your background is to press **Start** > **Personalize My Q** > **Background image**, although you won't be able to crop your image or adjust transparency.

home screen shortcuts

Icons across the top of the home screen show the most recently used features on your phone. You can use the navigation keys to quickly select and open a feature that you just used.

You can also **customize the right soft key** as a shortcut to your favorite feature. For key location, see page 2.

Find it: Start > Personalize My Q > Home Screen Right Soft Key

Press **Menu** to select a feature and enter a label for your new right soft key function.

Note: This option might be restricted or unavailable if your home screen shows scrolling headlines from your service provider.

start menu

You can customize your start menu.

Find it: Start > Personalize My Q > Start Menu View

options	
Menu	Select the menu you want to customize, then select which icons to appear when you open the start menu.
View	Select either a list or a grid view.
Background	Select a picture for your start menu background image.

time & date

Your service provider usually sets the time and date on your phone. However, if you change time zones while your phone is roaming, you might need to change your clock manually. To change it manually:

Find it: Start > Settings > Clock & Alarm > Date and Time

1 In **Time Zone**, use the navigation key ·◌· to select your time zone.

Tip: Update your time zone when you travel to make sure your phone's calendar events appear at the right time.

2 In **Date**, edit the month, day, or year.

3 In **Time**, edit the hour, minute, and second.

4 Press **Done** to save the clock and date settings.

You can specify the date and time style by changing the regional settings. Press **Start** > **Settings** > **Regional Settings**.

backlight

To save battery life, your **backlight** turns off when you're not using your phone. The backlight turns back on when you press a key. To set how long your phone waits before the backlight turns off:

Find it: Start > Settings > Power Management > Backlight time out on battery or Backlight time out on AC

answer options

To use **any key** to answer an incoming call, press **Start** > **Settings** > **Phone** > **Call Options** > **Any key answer**.

third-party applications

Third-party applications, or add-on programs, can include e-mail, security, mobile office, and productivity software. These products can typically be downloaded and installed immediately. Compatible commercial and free applications are available on the Internet.

For more information, see the downloads catalog on the Motorola Support Web site at: `www.motorola.com/consumer/support`, or see your service provider's Web site.

Note: Applications written for previously released devices or older versions of Windows Mobile® may not function reliably on this phone. Contact the application provider to check compatibility before installing the application on this phone.

calls

To make and answer calls, see page 22.

turn off a call alert

You can press the *thumb wheel* or scroll it down to turn off the ringer before answering the call.

recent calls

Your phone keeps a list of incoming and outgoing calls, even for calls that didn't connect. The most recent calls are listed first. The oldest calls are deleted as new calls are added.

Find it: Start > Call History

Highlight a call, then:

- To call the number, press ⊙.
- To see call details (like time and date), press the select key ✦.
- To see **Menu Options**, press **Menu** from the **Call History** view. This menu includes:

options	
Find Contact	Find this phone number in your **Contacts**.
Send Text Message	Send a text message to this phone number.
E-mail	Send an e-mail message to this contact (if you already have the contact's e--mail address).

options	
View Timers	View the call times for this call and all calls.
Delete/ Delete List	Delete a call from the Call History. Select **Delete List** to delete all calls from the call history.
Save to Contacts	Save this number to a contact.
Filter	Filter all calls in the Call History list. Filtering calls allows you to group calls in a specific matter. For example, if you filter the list for all Missed Calls, all the incoming phone calls that you did not answer will be listed first.

redial

1 Press ⊙ from the home screen to see the dialed calls list.

2 Highlight the entry you want to call, then press ⊙.

If you hear a **busy signal** and you see **Call Failed, Number Busy**, press ⊙ or the **RETRY** key to redial the number. When the call goes through, your phone rings or vibrates one time, shows **Redial Successful**, and connects the call.

view missed calls

Your phone keeps a record of your unanswered calls.

1 Press **Start** > **Call History**.

2 Press **Menu** > **Filter** > **Missed Calls**.

caller ID

Calling line identification (caller ID) shows the phone number for an incoming call on your home screen.

Your phone shows the caller's name and picture if you have stored a picture in your contacts, or **Incoming Call** when caller ID information isn't available.

You can set your phone to play a distinctive ringer ID for specific entries in your contacts (see page 81).

emergency calls

Your service provider programs one or more emergency phone numbers, such as 911 or 112, that you can call under any circumstances, even when your phone and keypad are locked.

Note: Emergency numbers vary by country. Your phone's preprogrammed emergency number(s) may not work in all locations, and sometimes an emergency call cannot be placed due to network, environmental, or interference issues.

1 Press the keypad keys to dial the emergency number.

2 Press [⊙] to call the emergency number.

international calls

If your phone service includes international dialing, press and hold [0] to insert your local international access code (indicated by **+**). Then, press the keypad keys to dial the country code and phone number.

speed dial

You can use speed dialing in two ways: quick access for up to 98 phone numbers and shortcuts to features found in the Start menu including e-mail, calendar, and Bluetooth™ Manager.

To access speed dial entries, press and hold the single-digit speed dial number for one second. If the speed dial is two digits, press the first digit, then press and hold the second digit. The phone dials the phone number, opens a new e-mail message, or goes to the Web page.

phone numbers

You can set the speed dial to call the entries in your phone's contact list:

1 Press **Start** > **Contacts**.

2 Scroll to the desired contact and press the select key ·◆·.

3 Select the phone number or e-mail address you want to add to speed dial.

4 Press **Menu** > **Add to Speed Dial.**

5 In the **Keypad Assignment**, select the speed dial number to use.

Note: Speed dial 1 is reserved for calling your voicemail.

6 Press **Done**.

To **delete** a speed dial entry, press **Start** > **Speed dial**, scroll to the entry, then press **Menu** > **Delete**.

menu shortcuts

You can set a shortcut speed dial to open an application on your phone:

1 Press **Start**.

2 Scroll to the icon of the application you want a shortcut for and press **Menu** > **Add to Speed Dial**.

3 In the **Keypad Assignment**, select the speed dial number to use.

Note: Speed dial 1 is reserved for calling your voicemail.

4 Press **Done**.

To delete a shortcut, press **Start** > **Speed Dial**, scroll to the shortcut, then press > **Menu** > **Delete**. Your service provider might add a **Voicemail** shortcut you cannot delete.

voicemail

Note: Your service provider may include additional information about using this feature.

Your network stores the voicemail messages you receive.

When you **receive** a voicemail message, your phone shows the voicemail message indicator and **New Voicemail**.

To **check** voicemail messages:

Press and hold 1.

Note: You can't store a pause (**p**) or wait (**w**) character in your voicemail number. If you want to store a voicemail number with these characters, create a contact for your voicemail number (see page 23) and use the contact to call your voicemail.

three-way calling

While connected to a call:

1 Place your current call on hold by pressing ⏲.

2 Enter the number of the other person you wish to connect to a three-way call and press ⏲.

3 After you are connected to the other phone, you can press **Swap** to switch between the calls, or press **Menu** > **Conference** to combine them.

If you **receive a second call** while you are already on a call:

- To answer the second call and put the first call on hold, press **Answer**. Then, you can press **Swap** to switch between the calls, or press **Menu** > **Conference** to combine them.
- To send the second call to your voicemail, press **Ignore**.

If you have problems setting up e-mail or synchronizing, visit `www.motorola.com/support/Q-gsm` or call the Motorola Customer Support Center at 1-800-657-7576 (United States and Canada) or 1-888-390-6456 (TTY/TDD United States for hearing impaired).

Note: GPRS and Proxy must be set up before you set up your e-mail. If you have the information to set them up, press **Start** > **More...** > **Settings** > **Connections**, otherwise contact your service provider.

set up personal e-mail (such as Yahoo or Gmail)

Note: These steps vary depending on your e-mail provider. For example, for Gmail, you need to enable POP. If your e-mail provider does not provide IMAP or POP access, you can still use the Web browser to access e-mail.

After you know your e-mail **address**:

1. Press **Start** > **Messaging** > **New E-Mail Account**.
2. At **Your e-mail source**, select **Other** and press **Next**.

3 At **Your e-mail provider**, select **Other (POP/IMAP)** and press **Next**.

4 Enter your name and e-mail address, select **Try to get e-mail server settings from internet**, and press **Next**.

5 Enter your e-mail user name and password.

Note: If your phone finds your account settings, it automatically fills in the following screens. Enter your password and press **Next** for each screen. If your phone cannot find your settings, ask your e-mail provider for your settings.

6 Press **Finish** > **Yes** to download e-mail now.

set up MSN or Hotmail e-mail

After you know your e-mail **address** and **password**:

1 Press **Start** > **Windows Live** > **Sign in to Windows Live**.

2 When prompted, enter your e-mail address and password. Then, press the **Next** soft key.

3 Choose the options you want and press the **Next** soft key to proceed.

4 When synchronization is complete, press the **Done** soft key.

set up corporate e-mail

Note: If you don't have some of the information requested in these steps, contact your company's system administrator.

To set up corporate e-mail:

1. On your phone, press **Start** > **ActiveSync**.
2. Press **Menu** > **Add Server Source**.
3. In **Server Address**, enter the exchange server address.

   Note: You might be required to check **This server requires an encrypted (SSL) connection**.
4. Press **Next**.
5. In **User Name**, enter your user name for the e-mail account
6. In **Password**, enter the password for the account.
7. In **Domain**, enter the server's domain name (if necessary).

   Tip: If you don't want to enter your password each time you synchronize, check **Save Password**.
8. Press **Next**.
9. Choose the data you want to synchronize. You can select **Contacts**, **Calendar**, **Email**, and **Tasks**.
10. Press **Finish**.
11. Press **Sync** to synchronize your phone with the Exchange server and then go to the next steps in "sync over the air" also on this page.

After you configure your synchronization settings, you can modify your settings, synchronization schedule, and connections. Press **Start** > **ActiveSync** > **Menu**.

synchronize

Synchronize your phone to make sure you have all of your most recent messages. You can synchronize either over the air (OTA) or by using a cable and your computer.

sync over the air

To sync your phone OTA, you must sync it directly with your company's e-mail server (such as Microsoft® Information Server or Microsoft® Exchange Server). For details, see the support information on page 93 and the MOTO Q support Web site at: `www.motorola.com/support/Q-gsm`.

You can also contact your system administrator to set up this synchronization.

Note: If you are out of network coverage, and your phone tries to sync 3 times without finding a network, your synchronization settings automatically revert to manual synchronization. To set your synchronization schedule back to the desired frequency, you need to reset the **Schedule** option in the ActiveSync settings on your phone:

On the home screen, press **Start** > **ActiveSync** > **Menu** > **Schedule**.

sync with a computer

Note: For information about connections (Bluetooth™ wireless and the Web browser), see page 62.

You can use Microsoft® **ActiveSync version 4.5 or above**, or Windows® **Mobile Device Center** to synchronize information between your phone and desktop computer. ActiveSync compares your phone's contact information, calendar appointments, e-mail messages, and media files with those on your

computer and then updates to the most recent information.

To install & set up ActiveSync or Windows Mobile Device Center

To synchronize information on your phone with a computer, you must install Microsoft ActiveSync (on a computer running Windows® XP™ or earlier) or Windows Mobile Device Center (on a computer running Windows Vista™).

Note: Synchronization software is included on the *Getting Started CD* packed with your phone. Before installing the software, verify that your computer and operating system meet the **minimum requirements** stated on the CD-ROM sleeve or Microsoft Windows® Mobile Web site `http://www.microsoft.com/windowsmobile`. This Web site also lets you download the **latest software**.

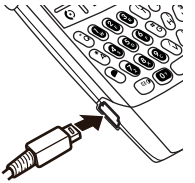
1. Install Microsoft ActiveSync (for Windows® XP™ or earlier) or Windows Mobile Device Center (for Windows Vista) on your computer.
2. After setup completes, connect your phone to the computer. The phone drivers install on your computer and then the Setup Wizard automatically starts.
3. Follow the instructions on the screen to complete the wizard.

   The wizard prompts you for the Exchange Server's name, your user name, your password, and the domain name. If you don't have this information, contact the server's system administrator. For general questions about your phone, see page 93.

When you finish the wizard, synchronization with your phone automatically starts.

Note: After synchronization completes, you can disconnect your phone from your computer, and you may need to restart your computer.

To synchronize with a cable connection



If you cannot sync your phone over the air, you can use a USB cable connection. First, install Microsoft ActiveSync or Windows Mobile Device Center on your computer.

1 Turn on the phone.

2 Connect your phone to your computer using a USB cable.

Note: For more detailed information, see "Connecting a mobile device to a PC" in ActiveSync Help on your computer, the Microsoft Web Site for ActiveSync or the Motorola support Web site at `www.motorola.com/support/Q-gsm`.

To synchronize with a Bluetooth™ connection

After you install Microsoft® ActiveSync or Windows Mobile Device Center on your computer, you can connect it to your phone and sync with a Bluetooth connection.

Note: To use this feature, your computer must be equipped with Bluetooth wireless or a Bluetooth PC adaptor accessory.

1 Follow the instructions in ActiveSync Help for configuring Bluetooth connections on your computer to support ActiveSync.

2 Turn on the phone.

3 On your phone, verify that Bluetooth wireless is turned on. (Press

Start > Bluetooth > Bluetooth Manager > Settings > Status > Bluetooth On.)

4 Press Start > ActiveSync.

5 Select Menu > Connect via Bluetooth. Ensure that the phone and computer are near each other. If this is the first time you have connected to this computer using Bluetooth wireless, you must complete the Bluetooth wizard on the phone and set up a Bluetooth partnership with the computer before synchronizing.

6 Select Sync.

7 When finished, select Menu > Disconnect Bluetooth. To conserve battery power on your phone, turn off Bluetooth power (see page 62).

receive & read messages

When you receive a message your phone plays an alert and shows New Message with a message indicator, such as ✉.

Find it: Start > Messaging > *(e-mail account)*.

If you do not see a list of messages, press Menu > Folders > Inbox. To return to the folder list, press Menu > Folders.

To read a message: Press the navigation key ·◉· to scroll to the message and press the select key ·●· to open it.

When you have a message open, you can press the navigation key ·◉· right to open the next message, or left to open the previous message.

Tip: Want to switch inboxes quickly? Press the navigation key left or right to jump from one inbox to another.

message attachments

You can **send**, **read**, and **receive** PDF, ZIP, Microsoft® Word, Excel, and PowerPoint files attached to e-mail. **You can edit all Microsoft files on your phone**, but you can only view other files such as PDF and ZIP.

To see a ZIP file's contents, select the file. You can select files in the contents to view them, if they are a format your phone supports.

To **transfer** attachments to your computer for editing, use Microsoft® ActiveSync or Windows® Mobile Device Center.

message options

To delete, save, reply, or forward the messages, use these quick steps from the Inbox with a message selected or when viewing a message:

- To delete, press **Delete**. (When viewing a message, press **Menu** > **Delete**.)
- To reply, press **Menu** > **Reply** or **Reply All**. Enter the message and press **Send**.
- To forward, press **Menu** > **Forward**. Enter the message and press **Send**.
- To create a contact card for the sender, press **Menu** > **Save to Contacts**.

Tip: Need to check your e-mail right now? Press **Start** > **Messaging**. Select the account to send and receive messages and press **Menu** > **Send/Receive**. The phone connects to your e-mail server and sends and receives your

messages. To stop this process, press **Menu** > **Stop Send/Receive**.

send a message

You can send three types of messages: SMS (text messages), MMS (multimedia messages), and e-mail messages.

Find it: **Start** > **Messaging** > **Text Messages**, **MMS**, or *(e-mail account)*

To send a message:

1. Press **New**.
2. For e-mail, in **To**, **Cc**, and/or **Bcc**, enter e-mail addresses. Insert a semicolon (;) between multiple numbers or addresses.

   For text messages, enter the contact telephone number or e-mail address.

   Tip: You can quickly enter phone numbers or e-mail addresses from your contact cards. In **To**, press ↵ and select a recipient from the list. Then select the recipient's phone number or e-mail address.
3. Use the keypad to compose a message.
4. Press **Send**.

   Tip: You can insert a **picture, voice note or file** in an e-mail or MMS message. When you are in a message, press **Menu** > **Insert** > **Picture** or **Voice Note** or **File**.

   Note: If you select to insert a voice note into the message, you first need to record it. Press **Record** and start speaking into the phone's microphone. When finished speaking, press **Stop** and then **Done**.

To set the priority for an e-mail message, press **Menu** > **Message Options**.

To cancel a message, press **Menu** > **Cancel Message**.

global address lookup

From your phone, you can search the global address list (GAL) stored on your company's Exchange Server. This means that you can find a contact's phone number or e-mail without having to store the information directly to your phone.

Note: GAL information can only be viewed during a data transfer session; the entire GAL cannot be stored for viewing offline.

To search for a contact:

1. Press **Start** > **Contacts**.
2. In the contact list, press **Menu** > **Company Directory**.
3. Enter a name and press **Search**.
4. Scroll through the list of entries that appears. When you locate your contact, press ⊙ to make a call.

   Note: Although the entire GAL cannot be stored on your phone, after you find the contact, you can add the single contact to your contact list.

Tip: You can also choose to send a message, SMS, or e-mail to a contact found using GAL. In a new message or e-mail, press **Menu** > **Company Directory**. When you locate the contact to send a message, highlight and select it. The e-mail information is populated into the **To:** field.

messaging shortcuts

You can press the following keys to do things quickly when you have an Inbox open. Press and hold the keys if you have a message open:

key	function
0 (H)	list shortcuts
1 (A)	reply all
2 (R)	reply
3 (K)	mark read or unread
5 (M)	move
6 (O)	forward
7 (D)	delete
8 (L)	download message
9 (S)	send/receive

messaging quick reference

Note: Some features might not work if you set up your e-mail account manually (without the e-mail setup wizard).

features
send text message Press **Start** > **Messaging** > **Text Messages**, then press **Menu** > **New**
get text message delivery report While composing a text message: Press **Menu** > **Message Options**, then check **Request message delivery notification**.

features

create and send e-mail

Press **Start** > **Messaging** > *(e-mail account)*, then press **New**

Note: You must have your e-mail set up to send an e-mail (see page 46).

To add a picture, voice note, or file to an e-mail message, open the message area and press **Menu** > **Insert** > **Picture**, **Voice Note**, or **File**.

Tip: You can save a draft of a message that you are composing to finish and send later. Press **Menu** > **Save to Drafts**. A draft of the message is stored in the Drafts folder of the account you are in.

features

create and add an e-mail signature

Press **Start** > **Messaging** > *(e-mail account)*, then press **Menu** > **Tools** > **Options** > **Signatures**

Scroll to the account for which you are creating the signature. Select **Use signature with this account**. Select the **Signature** box, enter your signature, and press **Done**.

Tip: To insert a signature in every message you send, select **Include when replying and forwarding**. Otherwise, a signature is inserted only in new messages.

read new messages

To quickly view new messages, select the message notification area on the home screen.

features

view attachment

While viewing the message, use the select key ⊕ to select the attachment.

Note: You can view attachments only for file types that are supported by the phone.

read old messages

Press **Start** > **Messaging** > *(e-mail account)*

Icons next to each message show if it is read, unread, urgent, or has an attachment (read or unread).

features

reply, reply all, or forward messages

From your Inbox or an open message, press **Menu** > **Reply**, **Reply All**, or **Forward**

Tip: If you are replying to an e-mail message, you will send less data if you do not edit the original message. This may reduce data transfer costs based on your rate plan.

features

download message objects

If an e-mail message includes an attachment, the name of the attachment is highlighted when you open the message. To download the attachment, select the highlighted attachment name. The attachment is downloaded the next time you synchronize or connect to your e-mail server.

Note: If there are multiple attachments in the message, all attachments are downloaded.

insert a media object in an e-mail

To add a picture, voice note, or file in an e-mail message, in the composing message area press **Menu** > **Insert** > **Picture**, **Voice Note** or **File**.

features

download complete e-mail messages

Press **Start** > **Messaging** > *(e-mail account)*. Scroll to the message and press **Menu** > **Download Message**.

The complete message is retrieved the next time you synchronize or connect to your e-mail server and send and receive e-mail.

features

mark a folder for synchronization

When you synchronize your e-mail account with your computer, the same Inbox folders that are in Outlook on your computer are created on your phone.

Press **Start** > **Messaging** > *(e-mail account)*, then press **Menu** > **Folders** > **Menu** > **Show all Folders**, and press **Menu** > **Manage Folders**

Highlight each folder you want to synchronize and press **Sync**.

After you select all folders, press **Done**. This opens the **Manage Folders** view, where the marked folders will be synchronized during the next sync session.

Note: Make sure to mark your e-mail sent folder for synchronization, or you won't be able to view sent message status.

features

view status of sent e-mail

Press **Start** > **Messaging** > *(e-mail account)* **Menu** > **Folders** > **Outbox**

Messages in the **Outbox** have not been sent. To send a message, scroll to it and press **Menu** > **Send/Receive**.

receive e-mail

If your phone is set up to automatically check for new messages, your phone will show ✉ when a new message arrives.

Scroll to the message and select it to read it.

delete e-mail

From the Inbox, press **Delete** (left soft key).

From an open message, press **Menu** > **Delete**.

features
manually send and receive e-mail Press **Start** > **Messaging** > *(e-mail account)*, then press **Menu** > **Send/Receive**.
call a phone number in e-mail Highlight a phone number in a message and press .
move e-mail to personal folder After you've read the message, press **Menu** > **Move** then scroll to the folder you want to move and select it.
delete a mail account Press **Start** > **Messaging**, scroll to the e-mail account, then press **Menu** > **Delete**.

features
empty deleted items folder Press **Start** > **Messaging** > *(e-mail account)*, press **Menu** > **Folders**, scroll to **Deleted Items**, then press **Menu** > **Delete All**.

Bluetooth™ wireless

Your phone supports Bluetooth wireless *pairing* (also called *linking* or *bonding*). You can pair your phone with a Bluetooth headset or car kit, or pair your phone with a computer to exchange and synchronize files.

Note: Your phone's Bluetooth features and Bluetooth Class 1 power levels are not allowed for outdoor operation in France. To avoid unlawful interference with radio signals, do not use the Bluetooth features in France unless you are indoors.

turn Bluetooth power on or off

If Bluetooth **Power** is **On**, your phone can automatically pair with the handsfree device you have used before. Just turn on the device or move it near the phone.

To turn Bluetooth on: Press **Start** > **Bluetooth** > **Bluetooth Manager** > **Settings** then toggle **Status** to **Bluetooth ON** and press **Done**.

The Bluetooth indicator appears in the home screen.

Note: To extend battery life, set Bluetooth **Power** to **OFF** when not in use. Your phone will not pair with devices until you set Bluetooth **Power** back to **ON** and pair your phone with the devices again.

pair with a headset or handsfree device

Before you try to pair your phone with a device, make sure your phone's Bluetooth power is **on** and the device is **on** and **ready** in *pairing* or *bonding* mode (see the device user's guide). You can pair your phone with multiple devices, but only use it with one headset device at a time.

Your phone lists the devices it finds within range.

1 Press **Start** > **Bluetooth** > **Bluetooth Manager** > **Hands-free**.

2 Put the device (handsfree headset, stereo headset, keyboard, etc.) in pairing mode.

3 Press **Add**. The phone prompts you to verify your device is ready. Press **Search**.

4 Select the device from the list.

5 If prompted, enter the device passkey (such as 0000) and press the **Accept** key.

When the devices are paired, an icon appears on the home screen in the Bluetooth Task Tray.

Tip: For specific information about the Bluetooth device you are using with your phone, refer to the instructions that came with it.

send objects to another device

You can use Bluetooth pairing to send e-mail, contacts, tasks, calendar items, audio, ring tones, pictures, video, and voice notes from your phone to a computer or other device.

1 Press **Start** > **Bluetooth** > **BT Send Object**.

2 Select the object type and object you want to send.

Tip: To select an item, press the select key ·◆·.

3 Press **Send**.

4 Select the name of the device to send the file.

5 To cancel sending an item, press **Menu** > **Cancel**.

use your phone as a computer remote

You can use Bluetooth wireless and your phone as a remote control for your computer. For example, want to watch a video on your computer and use your phone as a remote control? Use PC Remote to control when the video plays, stops, or pauses.

1 On your computer, turn Bluetooth power on.

2 On your phone, press **Start** > **Bluetooth** > **BT PC Remote**. If necessary, press **Yes** to turn on Bluetooth power.

3 Press **Add**.

4 On your computer, right-click on the Bluetooth indicator in the system tray in the lower right corner of your display. Select **Bluetooth Setup Wizard**.

5 In the wizard, indicate that you know the service you want to use, and you want to find a Bluetooth device that provides the service. Select Next.

6 In the next window, choose Human Interface Device and select Next.

7 In the next window, make sure that "Show all devices" is chosen in the pull-down menu. Your computer should find your "SmartPhone." Select your phone, and select Next.

8 If prompted, enter the device passkey (such as 0000) and press the **Accept** key.

When PC Remote is connected, your phone display shows a key map that tells you what your keys control on the computer. To determine which program on your computer to control, on your phone, press **Menu** and select a program.

advanced Bluetooth features

features
make phone visible to other device Allow a Bluetooth device to discover your phone: **Start** > **Bluetooth** > **Bluetooth Manager** > **Settings**, and check **Allow other Bluetooth devices to see this phone**

features
connect to recognized device Connect to a recognized handsfree device: **Start** > **Bluetooth** > **Bluetooth Manager** > **Hands-free** > *device name*
drop pairing with device **Start** > **Bluetooth** > **Bluetooth Manager** > **Hands-free** > *device name* > **Disconnect**
send object to device Send an object to another device: **Start** > **Bluetooth** > **BT Send Object**

features

edit device properties / change device name

Edit the properties of a recognized device:

Start > **Bluetooth** > **Bluetooth Manager** > **Hands-free** > *device name*, then press **Menu** > **Properties** > **Nickname**

Tip: To change the Bluetooth name of your phone, press **Start** > **Bluetooth** > **Bluetooth Manager** > **Settings** and enter the name in **My Bluetooth name**.

Internet Sharing

You can use your phone to dial in to a network (similar to Dial Up Networking or DUN). To do this, you need either a Bluetooth wireless or USB cable connection.

Find it: **Start** > **Internet Sharing**

On your computer, you must have installed ActiveSync 4.5 or later or Windows Mobile Device Center on Windows Vista™, and have enabled a Personal Area Network (PAN) server.

Note: When you activate Internet Sharing, your phone's e-mail, Web browsing, Microsoft® ActiveSync or Windows® Mobile Device Center, and text messaging services are suspended until you deactivate Internet Sharing.

Internet Sharing with Bluetooth wireless

To use Bluetooth wireless to link to a network:

Note: You must have a computer that has Bluetooth capabilities for Internet Sharing to work with Bluetooth wireless.

1 To make sure other Bluetooth devices can find your phone, you must first turn on Bluetooth wireless. **On your phone**, press **Start** > **Bluetooth** > **Bluetooth Manager** > **Settings** then toggle **Status** to **Bluetooth ON**. See page 62 for more information.

2 **On your computer**, launch the Bluetooth devices applet from the task bar.

3 On your computer, right-click the Bluetooth icon in the Windows task bar, select the **Quick Connect** > **Dial-up Networking** > **Find devices**. The computer finds your phone and shows the dial up networking window.

Note: Not all computers have the same procedure to locate the Bluetooth window and set up networking. Please refer to your computer operating help system for more information.

4 **On your phone**, press **Start** > **Internet Sharing**.

5 Set **PC Connection** to **Bluetooth PAN** and click **Connect**.

The **Status** changes to **Connected**.

6 Press **Menu** >**Bluetooth Settings** and select **Personal Network**.

7 When you see the name of your computer in the list of personal networks, select it and press **Add** to establish a connection.

Internet Sharing with a cable

Note: Do not connect your data cable to your phone and computer until the following steps tell you to do so.

On your phone:

Enable Internet Sharing on your phone and install phone drivers:

1 On your phone, press **Start** > **Settings** > **Connections** to set up the GPRS and Proxy information as specified by your service provider. These settings are the same as for connecting to the internet.

2 Using the USB data cable, connect the phone to your computer.

The driver is installed on your computer and ready for setting up a network connection.

3 **On your phone**, press **Start** > **Internet Sharing**.

4 Set **PC Connection** to **USB** and click **Connect**.

The **Status** changes to **Connected**.

On your computer:

After you set up your computer and phone, you can establish a new network connection on your computer:

Note: This procedure might not work on all computers. Please refer to your computer operating help system for more information.

5 Right-click on **My Computer** and select **Properties**.

6 Select the **Hardware** tab.

7 Press the **Device Manager** button.

8 Expand the **Modems** list.

9 Right-click **Smartphone Wireless USB Modem** and select **Properties**.

10 Select the **Advanced** tab, and enter extra initialization commands required by your service provider. For details, contact your service provider.

11 Open the Network Connections window. On some computers, you select **Start** > **Control Panel** > **Network and Internet Connections** > **Network Connections**. Your computer might be a little different.

12 In the Network Connections window, select **Create a new connection** under Network Tasks.

13 Follow the prompts to connect to the Internet using a modem:

- Network Connection Type: **Connect to the Internet**
- Getting Ready: **Set up My Connection Manually**
- Internet Connection: **Connect using a dial-up modem**
- Connection Name: Enter a unique identifier for ISP name.
- Number to Dial: ***99#**
- Connection Availability: **Anyone's Use**
- User Name: get this information from your service provider as required
- Password: get this information from your service provider as required
- If you do not plan to use your phone as the default Internet connection, then **do not** check **Make this the default Internet connection**.
- If Microsoft® Windows® firewall is not enabled, **do not** check **Turn on Internet connection firewall for this connection**.

Note: You might need to deactivate your computer proxy server settings to let Internet Sharing access the Internet. To deactivate these settings, open your Web browser and select **Menu** > **Tools** > **Internet Options** > **Connections** > **Settings** > **Proxy**

Server, then deselect **Use a proxy server for this connection**).

disconnect Internet Sharing

To disconnect Internet Sharing, perform these steps on your computer and your phone.

On your computer:

1 Go to task bar and right-click on the Network Connection icon.

2 Select **Disconnect**.

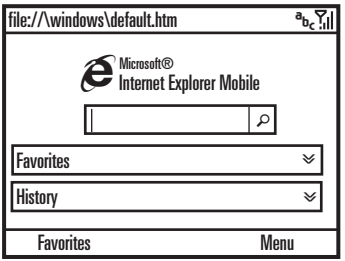
Your computer disconnects Internet Sharing.

Note: After you are no longer using Internet Sharing, you may need to reactivate your computer's proxy settings. Please check with your Internet provider.

Web browser

Browse the Web with Internet Explorer® Mobile.

Find it: **Start** > **Internet Explorer**



Note: Not all Web file formats are supported.

- To go to a Web page, press **Menu** > **Address Bar**. Enter the address and press **Go**.

- To go to a link in a Web page, highlight the link and press the select key ( ).
- To change connection options, press **Menu** > **Tools** > **Options** > **Connections**.
- To show/hide pictures, press **Menu** > **View** > **Show Pictures**.
- To add a Favorite, open the Web page and press **Menu** > **Add to Favorites**.

browser shortcuts

Use shortcut keys for browsing the Web:

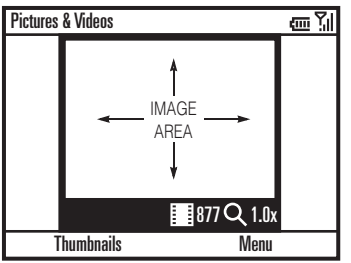
key	function
U	page up
D	page down
T	go to the top of the page
B	go to the bottom of the page
F	Switch to full screen or normal view.

entertainment

Have fun with your phone!

take & send a photo

Press and hold [camera] to start the camera. After a pause, the camera viewfinder opens:



Tip: Press **Menu** to adjust picture settings, such as **Mode**, **Brightness**, **Resolution**, **Zoom**, **White Balance**, and **Flash** or switch to the video camera.

1 Aim the camera lens at the photo subject.

2 Press [camera] or the select key [nav] to take a photo. Your phone saves the picture and shows it in the viewfinder.

To close the viewfinder, press [end]. You can see your stored picture by pressing **Start** > **Pictures & Videos**.

Tip: Did you save other pictures somewhere else or on a storage card? Press **Start** > **Pictures & Videos**, then press **Menu** > **Folders**, to browse for the folder that contains your pictures.

picture options

To see other picture options, press **Start** > **Pictures & Videos** and then press **Menu**:

option	
Send via Bluetooth	Send a photo with Bluetooth wireless
Send	Send a photo with e-mail.
Save to Contact	Assign the photo to a contact.
Delete	Highlight a photo and then delete it.
Edit	Edit a picture.
Play Slide Show	Play a slide show of all of your photos.
Folders	Browse folders for other pictures.
Options	Select from these options: **General**—Determine default picture sizes for e-mail and rotating picture settings. **Slide Show**—Select default slide show settings. **Camera**—Select default locations to store pictures, filename prefixes, and image compression. **Video**—Determine audio settings and time limits for video files.
Exit	Exit back to the home screen.

If you highlight a photo and press the select key ·◆·, you can choose from these additional options:

- To use the photo as the home screen, select **Use as Home Screen**.
- To view image properties, like the filename, select **Properties**.
- To see closer photo details, select **Zoom**.

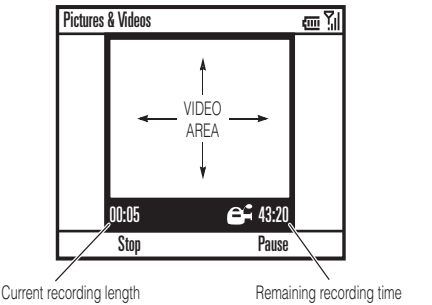
self portrait

1. Press [camera] to activate the camera.
2. Press **Menu** > **Mode** > **Timer**.
3. Press [camera] to start the 5 second delay.
4. Aim the camera lens at yourself.
5. When you hear the camera shutter sound, your phone takes the photo and shows it in the viewfinder.

record & play video clips

record a video clip

Find it: [camera], then **Menu** > **Video**



Tip: In the video viewfinder, press **Menu** to adjust video settings such as **Still**, **Brightness**, **Quality**, and **White Balance**, or switch to **Full Screen** mode.

1 Point the camera lens at the photo subject.

2 Press [camera] or the select key ⊕ to begin recording a video. The viewfinder shows what the video is recording.

3 Press **Stop** to end recording the video altogether, or press **Pause** to pause recording and **Resume** to continue recording.

Note: Videos are automatically stored in your phone. To view them, press **Start** > **Pictures & Videos**. Select the video to view and press **Play** or the select key ⊕.

Tip: To view videos located in a folder other than the default video folder, including a storage card, press **Start** > **Pictures & Videos**, then press **Menu** > **Folder**, and then select the folder that contains the stored videos.

video options

In the video viewfinder press **Menu** > **Options** to open the video options menu:

option	
Camera	Select default save locations, video filename prefixes, and image compression.
Video	Determine audio and time limit settings for video files.

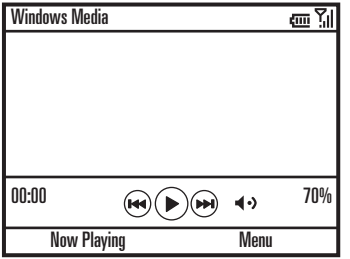
Note: **General** and **Slideshow** options are also available in this menu, however these settings are specific to picture files only.

play a video clip

For more video playback and Windows® Media Player features, see page 76.

Find it: **Start** > **Pictures & Videos** > *video clip* > **Play**

The video clip plays in the **Windows Media Player**.



Tip: To play video in full screen mode, press **Menu** > **Full Screen**. Videos recorded in a low resolution may not play in full screen mode.

If a call comes in while watching a video, the video pauses and a call alert appears. You can choose to answer the call or ignore it. To continue watching the movie, select the **Play** button.

video playback options

In the video playback window press **Menu** > **Options** to open the **Video Playback Menu**. This menu can include the following options:

option	
Playback	Determines how the time counter appears, whether to pause playback while using another program, and whether to resume playback after a phone call.
Video	Options for showing in full screen and when to scale to fit window.
Network	Selects default network settings for streaming media.
Library	Determines if the player starts on the **Library** view.

option	
Skins	Determine Windows® Media Player skin theme.
Buttons	Set playback button mapping.

download & copy media files

You can copy or download media files from your computer or the Internet onto your phone.

copy files from your computer

To copy files from your computer to your phone:

Note: You must have Microsoft® ActiveSync or Windows® Mobile Device Center installed on your computer, as described on page 50.

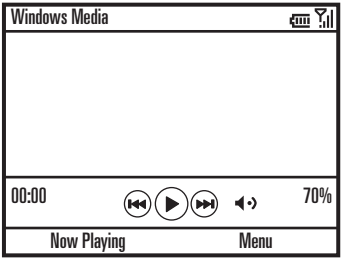
1. Connect the phone to your computer.
2. In ActiveSync (or Windows Mobile Device Center) on your computer, select **Explore** and double-click **My Windows Mobile** device.
3. On your computer, find the files you would like to copy to your device and paste the files into the **My Windows Mobile** folder.
4. Resync your phone and computer and then view the picture or video on your phone from **Start** > **Pictures & Videos**.

music & media player

You can play audio and video files that are on your phone or on the Web.

Your phone has Windows® Media Player Mobile for Smartphone version 10.2 or higher, which can play the following types of files: Windows Media Audio (WMA), Windows Media Video (WMV), MP3, AAC, and WAV.

Find it: Start > Windows Media



control	
play/ pause	To play or pause a music or video file, press OK.
skip ahead or go back	To skip to the previous or next file, press the navigation key left or right.
volume	To change the volume, use the thumb wheel or press the navigation key up or down. **Tip:** To turn the sound off quickly, press #. Press # to turn the sound back on.
switch to full screen	To switch to full screen video playback, press 0. To switch back, press 0 again.
fast forward/ rewind	To fast forward or rewind, press and hold the navigation key left or right.

To play audio or video files:

1 From the media player, press **Menu** and select **Library**.

2 Select **My Music**, **My Videos**, **My TV**, **My Playlists**, or **Now Playing**.

To listen through a stereo Bluetooth headset, see page 63.

Tip: Do you want to play a song or video on the Internet or network? Use the Open URL command. From the **Library** view, press **Menu** > **Open URL**. For more information about downloading or copying video files, see page 77.

set video controls

You can set up keys on your phone to control the media player.

1 From the media player, press **Menu** and select **Options**.

2 Select **Buttons**.

3 Scroll to the media player action you want to assign a button or key press.

4 Press **Menu** and choose **Assign**, **Reset**, or **None**.

5 After you have assigned key presses to the medial player controls, press **OK** and **Done** to complete the set up.

other features

Note: To open the main menu from your home screen, press **Start**. To scroll through the pages of menu options, press the navigation key ·◌· down. To select a menu option, press the select key ·●·.

advanced calling

features

call forwarding

Set up or cancel call forwarding:

Start > **Settings** > **Phone** > **Call Forwarding**

Note: If you choose **No Reply**, you can set how many seconds your phone waits before it forwards a call.

features

voice dial

To voice dial, **press and hold** ⊡. When prompted, say "Call," followed by a number or contact name.

TTY calls

Set up your phone for use with an optional TTY device:

Start > **Settings** > **More...** > **More...** > **TTY Settings**

Note: A teletypewriter (TTY) is a communication device used by people who are hard of hearing or have a speech impairment.TTY does not work from mobile phone to mobile phone.

features
call a phone number in a message E-mail or text messages can contain phone numbers that have an underline, like a Web site hyperlink. To dial one of these numbers, scroll to it and press OK.

contacts

To store and call contacts, see page 23.

features
search for contact Enter the first few letters of the contact's name. The phone searches through the contact list and shows the name.
edit contact Start > Contacts, scroll to a contact, then press Menu > Edit

features
set ringer ID for a contact **Note:** You cannot store a ringer ID for SIM Contacts. To easily identify who is calling you by the ring tone, you can assign a custom ring tone to each contact. Start > Contacts, scroll to a contact, then press Menu > Edit and scroll to Custom Ring Tone

features

set picture ID for contact

Note: You cannot store a picture ID for SIM Contacts.

Assign a photo or picture to appear when you receive a call from an entry:

Start > **Contacts**, scroll to a contact, then press **Menu** > **Edit** and then scroll to **Picture**

Select a picture, or select **Camera** to take a new picture for the contact.

Tip: Want to remove a picture ID? Press **Start** > **Contacts**, scroll to a contact, press **Menu** > **Edit**, then scroll to **Picture** and press **Menu** > **Remove Picture**.

features

set category for contact

Note: You cannot store a category for SIM Contacts.

Start > **Contacts**, scroll to a contact, then press **Menu** > **Edit** and scroll to **Categories**

set category view

Start > **Contacts**, then press **Menu** > **Filter**

features

send contact to another device

Use a Bluetooth connection to send a contact to another phone, computer, or device:

Start > **Contacts**, scroll to a contact, and press **Menu** > **Send via Bluetooth**

If necessary, your phone asks you to turn on Bluetooth power. Your phone searches for Bluetooth devices. Select the one you want and press the select key ·◆·. Your phone tells you when the transfer is complete.

For more about Bluetooth connections, see page 62.

personalizing

features

language

Set menu language:

Start > **Settings** > **Regional Settings**

Note: You must turn your phone off and on again for the changes to take effect.

accessibility

You can set system font size, multipress timeout, confirmation timeout, and in-call alerts:

Start > **Settings** > **Accessibility**

features

ring volume

Start > Settings > Profiles

Highlight the desired profile, then press Menu > Edit

Under **Ring Volume**, press the navigation key ·◌· left or right to adjust the volume for that profile.

Tip: You can eliminate the ringer volume instantly when an incoming call comes in—just use the thumb wheel to turn the ringer off.

features

sounds

To change the default sounds for ring tone, reminders, new messages, alarm clock, or keypad controls:

Start > Settings > Sounds

Note: Changes made to the alert settings will have no effect when using the **Silent** profile.

alarm

Start > Settings > Clock & Alarm > Alarm.

Press number keys to adjust the time. Use any number key to switch from am to pm.

Tip: Need to change or set the alarm alert style? Press Start > Settings > Sounds > Alarm clock.

features

owner information

It's a good idea to enter and check your owner information. It lets someone return the phone to you if you lose it:

Start > Settings > Owner Information

master reset

To return your phone to original settings:
Start > System Tools > Master Reset

The default master reset code is 000000 (6 zeroes).

Master reset does not reset the unlock code, security code, and lifetime timer.

call times

Network connection time is the elapsed time from the moment you connect to your service provider's network to the moment you end the call by pressing ⏻. This time includes busy signals and ringing.

The amount of network connection time you track on your resettable timer may not equal the amount of time for which you are billed by your service provider. For billing information, contact your service provider.

features

see call timers

Show call timers:

Start > Call History, then press Menu > View Timers

features

reset call timers

To reset all call timers to zero (0), except for the **Lifetime calls** timer:

Start > **Call History**, then press **Menu** > **View Timers**, then press **Menu** > **Reset Timers**

handsfree

Note: The use of wireless phones while driving may cause distraction. Discontinue a call if you can't concentrate on driving. Additionally, the use of wireless devices and their accessories may be prohibited or restricted in certain areas. Always obey the laws and regulations on the use of these products.

features

speakerphone

Activate a connected external speakerphone during a call:

Press [speaker] or press **Menu** > **Speakerphone On**.

Note: With a Bluetooth headset press **Menu** > **Handsfree Off** and then press **Menu** > **Speakerphone On.**

network connections

features

create proxy or dial-up network

Start > **Settings** > **Connections**

Select a policy to open a connection, or enter a new policy definition.

To close the secure connection, press **Logoff**.

calendar

features

add new calendar event

Start > **Calendar**, then press **Menu** > **New Appointment**

Note: To schedule an all-day event, select the **All day event** check box under **End time**. All-day events do not occupy blocks of time in the calendar; instead, they appear in banners at the top of the calendar.

features

view calendar event

Press **Start** > **Calendar** to open the calendar for today.

- To see days before or after today, press the navigation key ·◌· left or right.
- To quickly see a specific date, press **Menu** > **Go to Date**.
- To see your whole week's events, press **Week**.

Shortcut: Today's events appear on your home screen. To see event details, scroll to it and press the select key ·●·.

features

calendar event reminder

The default reminder time for tasks and calendar items is 15 minutes. To change this default:

Start > **Calendar**, then press **Menu** > **Tools** > **Options** > **Set Reminders**

send calendar event to another device

Use a Bluetooth connection to send a calendar event to another phone, computer, or device:

From the calendar item, press **Menu** > **Send via Bluetooth**.

Select the device to which you want to send the item.

For more about Bluetooth connections, see page 62.

features

respond to a meeting request

You can receive and respond to meeting requests on your phone in a similar manner as you do in Outlook on your computer.

Start > Messaging > *(e-mail account)* > *meeting request*

Accept or Menu > Decline or Tentative

calculator

features

calculator

Start > Accessories > Calculator

converter

features

converter

To quickly convert currency, time, or other measurements:

Start > Accessories > Converter

memo pad

features

memo pad

To jot quick notes to yourself:

Start > Accessories > Memopad

security

features

manage certificates

Enable or disable Internet access certificates stored on your phone:

Start > Settings > Security > Certificates

Certificates are used to verify the identity and security of Web sites when you download files or share information.

phone information

features

software version

To view your phone software version:

Start > Settings > About

features

memory & storage

To see the total, used, and available memory on your phone and storage card:

Start > System Tools > Memory Manager

fun & games

features

manage pictures

Manage pictures:

Start > Pictures & Videos

features

manage sounds

Manage ring tones and music that you have downloaded or composed:

Start > Windows Media

For more information about Windows® Media, see page 78.

manage video clips

Manage video clips:

Start > Pictures & Videos

For more information about Windows® Media, see page 78.

start Web browser

Start > Internet Explorer

For more information about Internet Explorer Mobile, see page 70.

features

close Web browser

In the browser, press Menu > Exit

download objects from Web page

To download a picture, sound, or phone theme from a Web page: Highlight the file, press Select, then press Store.

To download a picture or other object from a Web page: Highlight the item, press Menu, and choose an option such as Save image.

features

download applications & games

You can purchase and download applications (programs) and games for your phone. Go to `http://www.motorola.com/support/Q-gsm` and click on "Application Catalog" or visit `http://www.handango.com`.

Warning: Downloading and installing numerous third-party applications can negatively affect memory usage and the performance of the phone. Proceed with moderation.

Note: Your phone does not support Java applications or games.

play games on your phone

Start > Games

service & repair

Tip: Motorola Software Update is an easy way to update your phone. Make sure you have the latest available software updates at www.motorola.com/support/Q-gsm.

If you have questions or need assistance, we're here to help.

Motorola Support:

Go to www.motorola.com/support/Q-gsm, where you can select from a number of customer care options. You can also contact the Motorola Customer Support Center at 1-800-657-7576 (United States and Canada) or 1-888-390-6456 (TTY/TDD United States for hearing impaired).

Microsoft® Windows® Mobile, ActiveSync, and Windows Mobile Device Center Support:

Windows Smartphone:
http://www.microsoft.com/windowsmobile/help/smartphone/

Specific Absorption Rate Data

This model meets international guidelines for exposure to radio waves.

Your mobile device is a radio transmitter and receiver. It is designed not to exceed the limits for exposure to radio waves recommended by international guidelines. These guidelines were developed by the independent scientific organization ICNIRP and include safety margins designed to assure the protection of all persons, regardless of age and health.

The guidelines use a unit of measurement known as the Specific Absorption Rate, or SAR. The ICNIRP SAR limit for mobiles devices used by the general public is 2 W/kg and the highest SAR value for this device when tested at the ear was 1.25 W/kg.[1] As mobile devices offer a range of functions, they can be used in other positions, such as on the body as described in this user guide.[2] In this case, the highest tested SAR value is 0.73 W/kg.[1]

As SAR is measured utilizing the device's highest transmitting power, the actual SAR of this device while operating is typically below that indicated above. This is due to automatic changes to the power level of the device to ensure it only uses the minimum level required to reach the network.

While there may be differences between the SAR levels of various phones and at various positions, they all meet the governmental requirements for safe exposure. Please note that improvements to this product model could cause differences in the SAR value for later products; in all cases, products are designed to be within the guidelines.

The World Health Organization has stated that present scientific information does not indicate the need for any special precautions for the use of mobile devices. They note that if you want to reduce your exposure then you can do so by limiting the length of calls or using a "hands-free" device to keep the mobile phone away from the head and body.

Additional Information can be found on the websites of the World Health Organization (`http://www.who.int/emf`) or Motorola, Inc.
(`http://www.motorola.com/rfhealth`).

1. The tests are carried out in accordance with international guidelines for testing. The limit incorporates a substantial margin for safety to give additional protection for the public and to account for any variations in measurements. Additional related information includes the Motorola testing protocol, assessment procedure, and measurement uncertainty range for this product.
2. Please see the *Safety and General Information* section about body worn operation.

Information from the World Health Organization

Present scientific information does not indicate the need for any special precautions for the use of mobile phones. If you are concerned, you may want to limit your own or your children's RF exposure by limiting the length of calls or by using handsfree devices to keep mobile phones away from your head and body.

Source: WHO Fact Sheet 193

Further information: `http://www.who.int./peh-emf`

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index

A

accessibility 83
accessories 19, 86
  connector port 2, 3
ActiveSync 50
alarms 84
alerts
  setting 34
  turning off 29, 40, 70
animation 90
answering a call 22, 38
attachments 58
auto-lock, phone 30
automatic e-mail setup 46

B

background 35
backlight 38
battery 20
  extending battery life 21, 38, 62
  indicator 27
Bluetooth
  connection 83, 88
  indicator 26
  remote 64
  wireless 62
bonding (See Bluetooth wireless)
browser 92
  disconnecting 92
  shortcut keys 71

C

calculator 89
calendar 87, 88
call timers 85, 86
call waiting 45
caller ID 42, 82
calls
  answering 22, 38
  ending 22
  forwarding 80
  making 22
camera 72, 74
camera key 2, 3
cancel message 55
car kit 86
center key 3
certificate management 90

codes 30
computer remote 64
conference calls 45
contacts 43, 81
converter 89
copying files 63, 77
currency 89

D

date, setting 38
deleting programs 33
dialed calls 40
dialing phone numbers 22
display 25, 38
downloading
  e-mail messages 59
  files 77
  message objects 59

E

e-mail 46, 56, 57
  attachments 58
  setup 46, 47, 48
  signature 57
emergency number 42
end key 2, 3, 22
ending a call 22
entering
  numbers 28
  text 27, 28
exchange server 48

F

file manager 32
filter 41
flight mode 32
forwarding calls 58, 80

G

games 92
global access look up 55

H

handsfree 86
  speaker 30
headset 86
  jack 2, 3
home screen 25, 35, 37
hyperlink phone number 81

I

Incoming Call message 42
international access code 42
internet sharing 66
ISP 56

L

language 83
linking (See Bluetooth wireless)
locking phone 30
Low Battery message 27

M

making calls 22, 81
master reset 85
media player 78, 84, 91
  buttons 79
  controls 79
memo pad 89
menu key 2, 3
menus
  icons 25
  indicators 25
  shortcuts 44
message indicator 26, 27
messages 46, 56, 57, 58
  delivery 56
  e-mail 46
  reminders 84
  text 46
  text messages 58
Microsoft license agreement 96
missed calls 41
Missed Calls message 41
Mobile Device Center 50
mode flight 32
modem 66
multimedia messages 46, 57, 58
music 91
music player 78

N

navigation key 2, 3
network settings 87
networking 66
note pad 89
number. See phone number
numbers 28

O

object exchange 63
opening programs 18
operator hosted e-mail 46
optional
  accessories 19
  features 19
over the air (OTA) 49
owner information 85

P

pairing (See Bluetooth wireless)
pause button 78
PC Remote 64
personalizing 83
phone numbers 23

photos 72, 90
picture ID 42, 82
pictures 90
playing music 78
playing video 78
power key 2, 3, 22
priority 54
profiles 34
programs, opening 18

Q

quick notes 89

R

received calls 40
recent calls 40
redial 41
reminders 84
remote control 64
removing programs 33
replying 58
returning a call 41
ring styles
  indicators 27
  settings 34
ring tones 91
ringer ID 42, 81
ringer volume 84
roam indicator 26

S

safety information 9
security, locking 30
select key 2
send key 2, 3, 22
sending & receiving
    messages 52
setting up e-mail 46, 47
shortcuts 24, 44
side scroll keys 3
signal strength indicator 27
signature 57
SIM card 19
soft keys 2, 3, 25, 37
sounds 84, 91
speakerphone 86
speed dial 43
start menu 18
  customizing 37
storing your number 23
synchronizing 49
  Bluetooth 51
  cable 51
  with computer 49

T

task manager 33
telephone number. See
    phone number
temperature 89
text 28
  entry 27
  messages 56, 57, 58

messages, delivery 56
third party applications 39
three way calling 45
thumb wheel 2, 3
time zones 89
time, setting 38
timers 41, 85, 86
tips & tricks 24
TTY calls 80
turning on/off 22

U

unlock code 30
unlocking phone 30

V

video 91
clip 74
controls 79
voice key 2, 3
voicemail 44
voicemail message indicator 44
volume 29, 84
volume keys 2, 3

W

wallpaper 35
Web 92
browser 91, 92
browser, disconnecting 91
page 91
phone number 81
shortcut keys 71
weights & measurements 89
Windows Mobile Device Center 50

Y

your phone number 23

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